

What thoughts come to mind during this time? Joy, excitement, anticipation? Any other thoughts? What about fear or sadness? What about depression? How could that be? Am I the only one who has ever had such bad thoughts? How could I be sad or depressed about having a baby?

The TRUTH about Maternal Depression:

One in ten moms (even moms who have had other children) may suffer from depression during this time. That means...

You are not alone!

Don't lose heart!



So, what do I do now?

♥ **Get help fast!** See your doctor, counselor or psychologist. They are trained to help you!

♥ In an emergency call 9-1-1

♥ Other places to call:

♥ The Center for Health Care Services: (210) 225-5481

♥ Mental Health Association (210) 614-7566

♥ 24 hour Help Line (210) 227-HELP

♥ San Antonio Healthy Start (210) 299-5035 to talk with a social worker or counselor.

♥ **Don't wait!** The longer you wait to get help, the worse the depression gets.

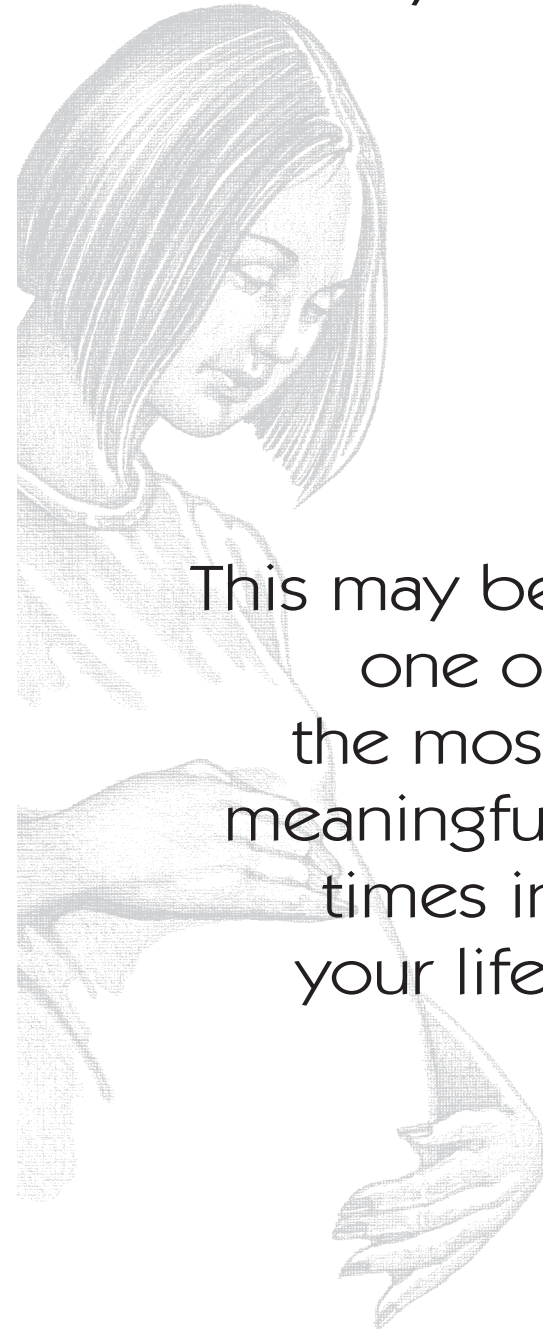
♥ **For more information check out:**
www.healthymindconnection.org

This message is brought to you by San Antonio Healthy Start (210) 299-5035.
www.sanantonio.gov/health/healthystart



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A new baby!?



This may be
one of
the most
meaningful
times in
your life!

But...

**Maternal
Depression:**

Is real...

Is powerful...

AND...

There is... **HELP!**

So what is maternal depression?

Depression is defined by the presence of at least five distinct symptoms or signs, one of which must be depressed mood or decreased pleasure or interest and these symptoms occur during or immediately following pregnancy.



That means even though you are having a baby or just had one, you find yourself feeling down and maybe crying all the time. You may not know why and you just can't stop it.

What causes maternal depression?

These are some of the things doctors believe cause maternal depression:

- ♥ Hormonal changes in your body.
- ♥ Other things also increase the possibility of depression like:
 - ♥ Not enough rest.
 - ♥ Having doubts about being a good mother.
 - ♥ Feelings of loss because you are not pregnant anymore.
 - ♥ Believing you are no longer attractive or beautiful.

How do you know if you are depressed?

Signs of depression include:

- ♥ Not being able to enjoy the things that you used to like to do.
- ♥ Being sad most of the time.
- ♥ Loss of appetite or increased appetite.
- ♥ Sleeping more or not sleeping well.
- ♥ Feeling worthless or guilty about everything.
- ♥ Having trouble making decisions or concentrating on things that were easy for you.
- ♥ Having thoughts about hurting or even killing yourself.
- ♥ Increased crying or tearfulness.
- ♥ Worrying about hurting your baby.



Doctors say that people going through just some of these things for two weeks or longer may be depressed. Maybe most important is the first symptom on the list: You just don't enjoy the things you used to like doing.

But shouldn't I feel happy about my baby?

Every pregnant woman or mother of a newborn baby wants to feel happy and most of the time, they do. But having a baby is hard.



- ♥ It affects your body. Life is tough enough without having someone kick you from the inside!
- ♥ It affects your mind and emotions. A famous person said, "by far the most common craving of pregnant women is not to be pregnant!"
- ♥ It affects the relationships you have with your family and your friends. Having a baby changes your whole life.

No wonder you have the blues! That is natural! Everybody has the blues sometime in their lives. BUT...

Depression is not the blues.
Depression is more than the blues. It keeps a person down even when things are going well.
